

|  |  |          |
|--|--|----------|
| Name:  |  |          |
| Date Achieved  | <b>Kitchen Safety</b>                    | Comments |
|  | <i>(Handling sharps)</i>                 |          |
|  | Cuts safely                              |          |
|  | Peels safely                             |          |
|  | <i>(Avoiding burns)</i>                  |          |
|  | Avoids leaning on stove for balance      |          |
|  | Wears oven mitt                          |          |
|  | Safe reaching into oven                  |          |
|  | Pours without spills                     |          |
|  | Stable handling hot liquids              |          |
|  | Stable handling hot foods                |          |
|  | Stable handling glass                    |          |
|  | Carries items with 1 hand                |          |
|  | Carries items with 2 hands               |          |
|  | <i>(Attention to tasks)</i>              |          |
|  | Attends to burning food                  |          |
|  | Attends to timers                        |          |
|  | Attends to pre-heat oven timer           |          |
|  | Turns off stove                          |          |
|  | Turns off oven                           |          |
|  | Unplugs appliances when not in use       |          |
|  | Avoids putting metal in microwave        |          |
|  | <i>(Preventative measures)</i>           |          |
|  | Cleans up spills                         |          |
|  | Closes cabinet doors after opening       |          |
|  | Reads labels for expired food            |          |
|  | Reads labels for dietary requirements    |          |
|  | Follows recipes accurately               |          |
|  | Separates cleaning products from food    |          |
|  | <i>(Reduce fall risk)</i>                |          |
|  | Keep items within reach                  |          |
|  | Cooks on back burner                     |          |
|  | Avoids bending for frequently used items |          |
|  | Avoids bending for frequently used items |          |
| www.functionaltherapyactivities.com © Copyright 2017 by Rob Koch |  |          |